



CMDP NEWS



The Comprehensive Medical and Dental Program (CMDP)
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2ND EDITION

Welcome to the Second Edition of the **2008
CMDP NEWS.**



CMDP Mission Statement:

“CMDP promotes the well being of Arizona’s children in foster care by ensuring, in partnership with the foster care community, the provision of appropriate and quality health care services.”

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Swimming Pool Tips

Ear Plugs:

It is OK for children with ear tubes to splash around without putting their heads under the water. If they do put their heads under, they need molded earplugs. Children with ear tubes should not dive.

Age To Start Swimming Lessons:

Readiness to learn to swim depends on a child’s comfort level in water. Before their first birthday some babies love to splash around while an adult holds them. Others, however, are not keen on getting in the water. In general, children can start learning to swim at the time they learn to ride a bike. This is near the time they enter school.

An adult should stay in the water with a child age 5 or younger. Beginning swimmers should be in the shallow end of the pool and closely watched.

“SAFE KIDS” Recommendations:

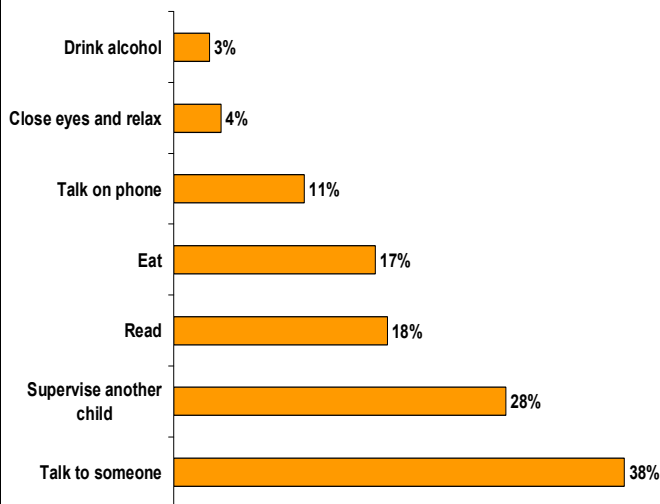
- Make sure the pool is fenced in so children cannot enter the area near water without adult supervision.

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- Never leave a young child unsupervised in or around water, even for a moment.
- Never let children swim without an adult to watch them.
- The adult should not do things such as talk on the phone, prepare a meal or read.
- Children who cannot swim should be within arm's reach of an adult at all times.
- There is no recommended ratio of adults to child swimmers. However, the number of adults watching children in the water should increase when:
 - Many children are swimming
 - Younger or inexperienced swimmers are present
 - The swimming area is large

Self-Reported Activities of Parents While Supervising Their Child Swimming



Hand Washing: An Easy Way To Prevent Infection

You can help children avoid getting sick by making sure they wash their hands the right way and often. To get them in the habit, teach by example. Wash your hands with your children and supervise their hand washing. Placing hand-washing reminders at children's level, such as a chart by the bathroom sink for children to mark every time they wash their hands. Make sure the sink is low enough for children to use, or that it has a stool underneath so that children can reach it. Tell children to wash their hands for as long as it takes them to sing their ABCs, "Row, Row, Row Your Boat" or the "Happy Birthday" song. This is great for younger children who may rush when washing their hands.

Older children and young adults can use alcohol-based hand sanitizers. Young children can use them but only with an adult's help. Just make sure the sanitizer has dried before the child touches anything. Store the container safely away after use.

Always Wash Your Hands:

- After using the toilet
- After changing a diaper; wash the diaper-wearer's hand too
- After touching animals or animal waste
- Before and after preparing food
- Before eating
- After blowing your nose
- After coughing or sneezing into your hands
- Before and after treating wounds or cuts
- Before and after touching a sick or injured person
- After handling garbage



- Before inserting or removing contact lenses
- When using public restrooms

Dental Care

Cavities and tooth decay are some of the most common health problems for children and young adults. If not treated cavities can get larger. The decay can cause tooth pain, infection, tooth loss and other problems.

Regular dental visits and good brushing and flossing habits go a long way toward preventing cavities and tooth decay.

An oral health screening should be part of an EPSDT screening done by a PCP. It does not take the place of an exam by a dentist. A referral from the PCP is not needed to see any dentist listed in the CMDP Provider Directory.

Dental visits are recommended to begin at age one year old. All members by the age of three should see the dentist twice a year for exams and more often if needed.

Routine dental services are covered by CMDP. A dentist needs approval in advance or prior authorization (PA) for major dental services. The following is a list of covered dental services:

- Dental exams and x-rays
- Treatment for pain, infection, swelling and dental injuries
- Dental sealants
- Fillings, extractions and medically-necessary crowns
- Pulp therapy and root canals
- Dental education

Family Planning

When it comes to teenage sexuality we usually look to the parents to have “the talk”. Teens (ages 12 to 18) in foster care may need a non-judgmental person to talk with. You, as a foster caregiver, may be the person that they look to when they have questions.

If you will open the door, the questions will come. When you are talking with age appropriate teens, ask them if they are sexually active. Have they thought about family planning, birth control, unwanted pregnancies, abstinence or sexually transmitted diseases?

There are many ways we can work to keep CMDP members healthy and safe, and this is one of them. CMDP covers most methods of birth control with the exception of IUD’s. This will only be covered if there is a special reason, which makes it medically necessary.

So, will you open the door and be a resource for teens with questions that could affect their health and future? We trust that you will and we appreciate all you do for children in foster care.

(If you have any questions regarding what Family Planning services are covered, please contact the Maternal Health Nurse in the Medical Services Unit at CMDP, 602-351-2245 or 1-800-201-1795.)

Sexually Transmitted Infections in Teens:

At least one in four teenage females nationwide has a sexually transmitted disease, or more than 3 million teens, according to the first study of its kind in this age group. A virus that causes cervical cancer is by far the most common sexually transmitted infection in females aged 14 to 19.



Nearly half of the black teenage females studied had at least one STD. That rate compared with 20 percent among both whites and Mexican-American teens, according to the study from the Federal Centers for Disease Control and Prevention.

Arizona Teen Dating Violence Awareness and Prevention:

In a study on dating violence, one in five female high school students reported that a dating partner physically or sexually abused them.

The following web sites have some very good information for those wanting to know about this problem and are concerned about dating violence:

- www.loveisrespect.org
A 24-hour resource for teens and young adults dealing with dating abuse.
- www.weboffriends.org
This site provides information relating to relationships and providing support.
- www.azcadv.org
This site serves as an advocate and a voice for domestic violence victims and foster caregivers.

Health Alerts

About Singulair:

Singulair is a medication for the treatment of asthma. It is also for patients with allergies or exercise-induced asthma, which is a condition that may cause shortness of breath.

The U.S. Food and Drug Administration (FDA) is informing health care providers and patients about the research of a possible connection between

Singulair and changes in your emotions and feelings that you might want to harm yourself.

Patients and foster caregivers should talk to their primary care provider (PCP) if they have questions about this new information. Patients should not stop taking this medicine before talking with their PCP. The FDA may take up to nine months to complete their research before sharing the results and recommendations with the public.

From The Arizona Department of Health Services (ADHS), Measles Outbreak:

ADHS is recommending healthcare providers in Pima and Pinal Counties use a stepped-up measles vaccination schedule for young children. This is because of 20 confirmed measles cases in Pima County and one in Pinal County. Children should now receive their first dose (shot) of measles-mumps-rubella (MMR) vaccine at 6 months to 12 months of age. Children over 12 months of age should get their first MMR shot as soon as possible. Children should get their second MMR shot as soon as possible, instead of waiting for school entry to receive their second dose. There should be at least 4 weeks of time between the first and second shot.

Please be aware that measles cases might be seen in other counties in Arizona.

What is measles?

Measles is a highly infectious respiratory disease caused by the measles virus.

What are the symptoms of measles?

Measles symptoms include rash, high fever, cough, runny nose, and red, watery eyes. These symptoms last about a week.



The disease can also cause severe illness and complications, such as diarrhea, ear infections, pneumonia, encephalitis (brain infection), seizures, and death. These complications are more common among children under five years of age and adults over 20 years of age.

How is measles spread?

Measles can spread easily. When an infected person sneezes or coughs, droplets containing the virus spray into the air. Those droplets can land in other people's noses or throats when they breathe or if they put their fingers in their mouth or nose after handling an infected surface. The measles virus can survive for two hours in the air or on surfaces.

It is also important to know that people with measles can spread the disease from four days before to four days after the rash appears. Thus, an infected person can spread the disease before knowing he or she is infected.

If you think that a child or youth has the measles, please contact the PCP now.

CMDP Materials:

- All CMDP member materials are available in alternative formats and languages, this includes current member handbooks.
- Translation and interpreting services are also available for members and foster caregivers.
- These services are free of charge.
- Make your request by contacting CMDP Member Services, 602-351-2245, Toll Free 1-800-201-1795.

Web Site Information**“Kids’ Health” Web Site:**

Banner Children’s Hospital has a Web site for children and teens. Cartoons and games are used to show how to stay healthy. The web site is in English and Spanish.

Children can learn how to take care of their health. They can learn to make healthy snacks and the meaning of some medical terms. The section for teenagers has tips on healthy relationships. Also talked about is the use of drugs and alcohol, keeping school and job in balance, and fitness.

To learn more, go to www.bannerhealth.com and enter the keyword “kidshealth”.

Safe Kids Worldwide:

Safe Kids Worldwide is an organization devoted to preventing childhood injuries. The focus is on one problem. More children one to 14 years old die from accidents such as motor vehicle crashes, fires, drowning, poisoning and falls than any other cause.

Please visit this web site for information on preventing childhood injuries.

<http://www.safekids.org>

**The CMDP Web Site:**

<http://www.azdes.gov/dcyf/cmdpe/>